

Community Health Newsletter

Week Six



F: Food For Learning



Want to get your child ready for a big day at school? They will need:

- a good night's sleep
- a healthy breakfast to fuel the brain

Eating too much or too little can

interfere with the ability to focus. No one should over indulge in sugar or caffeine.

A diet lacking in essential nutrients can decrease the ability to concentrate, but studies indicate that some nutrients have positive effects on the brain. **While eating certain foods will NOT make you smarter, they can maximize your brain's potential and health.**

- The brain uses omega-3 fatty acids to form cell structure.
- Vitamins B6 and B12 along with folic acid help manufacture and release neurotransmitters.
- Vitamins A, C, and E help protect brain cells from damage caused by environmental pollution.

Food Of The Week: Fish

Fish have high levels of both choline and omega-3 fatty acids. Both substances are linked to brain function. Choline, part of the B-vitamin, has a positive effect on the brain's memory center, the hippocampus.

Fatty fish such as salmon and herring have the most omega-3 fatty acids. Tuna has omega-3 fatty acids.

Getting kids to eat fish can be a challenge. If all else fails, hide, or disguise it. Try smothering fish in a low-fat cheese, providing dipping sauces, or trying this recipe.

Recipe: Easy Salmon (or tuna) Baked Potatoes

Ingredients: (makes 4)

Canned salmon (or tuna)
4 medium size baking potatoes
½ cup corn (and/or other veggie)
1 cup shredded mozzarella or cheddar cheese

1. Scrub and wash the potatoes clean. Leave the skin on. Cut into half. Bake in 400°F oven, to medium done and then keep warm. Make potato boats by scooping some portion from the potato halves.

ACTIVITY TIP

Considering their balance, strength, and aerobic power, most dancers are athletes. Why not try dancing to get in shape?

- Dance to your favorite music.
- Make your body move. Swing your arms over your head and shoulders. Lift your feet and legs. Leap and twirl. Shake your head.
- Keep your entire body moving to the beat.

2. Mix corn, some of the scooped potato, a little of the shredded cheese, and salmon to make a filling.
3. Stuff the potato halves with the filling and top with cheese.
4. Bake again for about 15 minutes.

